

## May's Gold Medal School of the Month

### Lone Peak Elementary

Principal: Teri Timpson

School Coordinator: Pam Richards

Mentor: Kim Kingrey



Lone Peak Elementary Principal Teri Timpson has lost more than 30 pounds this year—not by “fad dieting”—but by embracing the Gold Medal Schools message of good nutrition and regular physical activity in all areas of her life, not just at school. It is no wonder she is such an exemplary and inspirational role model to her students, faculty, and staff.

Principal Timpson's dedication to Gold Medal Schools has been contagious! She is constantly backed up by all faculty, staff members, and students who willingly and enthusiastically embrace the many health-related programs and challenges offered at Lone Peak, including walking the Gold Medal Mile. The fourth grade classes of Mrs. Mill and Mrs. Summers/Norris were the first to achieve their grade-level goal of walking 600 miles and having their assigned states posted on the U.S. map in the “State to State Challenge”. Instead of a more traditional reward such as a movie, a class party, or extra free time, students were rewarded with wrist weights and hand-held weights to be used in their regular routine of walking the Gold Medal Mile.



Lone Peak has also participated in a number of national health campaigns such as Jump Rope for Heart, Red Ribbon Week, National Nutrition Month, and Go Red Day. In addition to the common Go Red Day (a day to raise awareness of heart disease) activities of having the students wear red and distribute “Love Your Heart” coloring cards, Lone Peak went one step further. All Lone Peak families were asked to “love their hearts” by participating in at least 20 minutes of physical activity together in honor of the event. They logged their physical activity on paper hearts that were returned to the school and displayed in the halls. More than 300 hearts were returned for an impressive combined total of 400 hours of physical activity outside of school hours for Lone Peak students and their family members. That's equal to approximately 800 Gold Medal Miles! A perfect example of a Gold Medal Schools lifestyle at school and at home!

Lone Peak achieved the Bronze and Silver Levels in 2005-2006, and they soared to Gold Level this year. They are already looking forward to preparing for and achieving Platinum Level during the next school year. Lone Peak Elementary should be considered a role model to all schools involved in the GMS program for their unsurpassed determination and dedication.